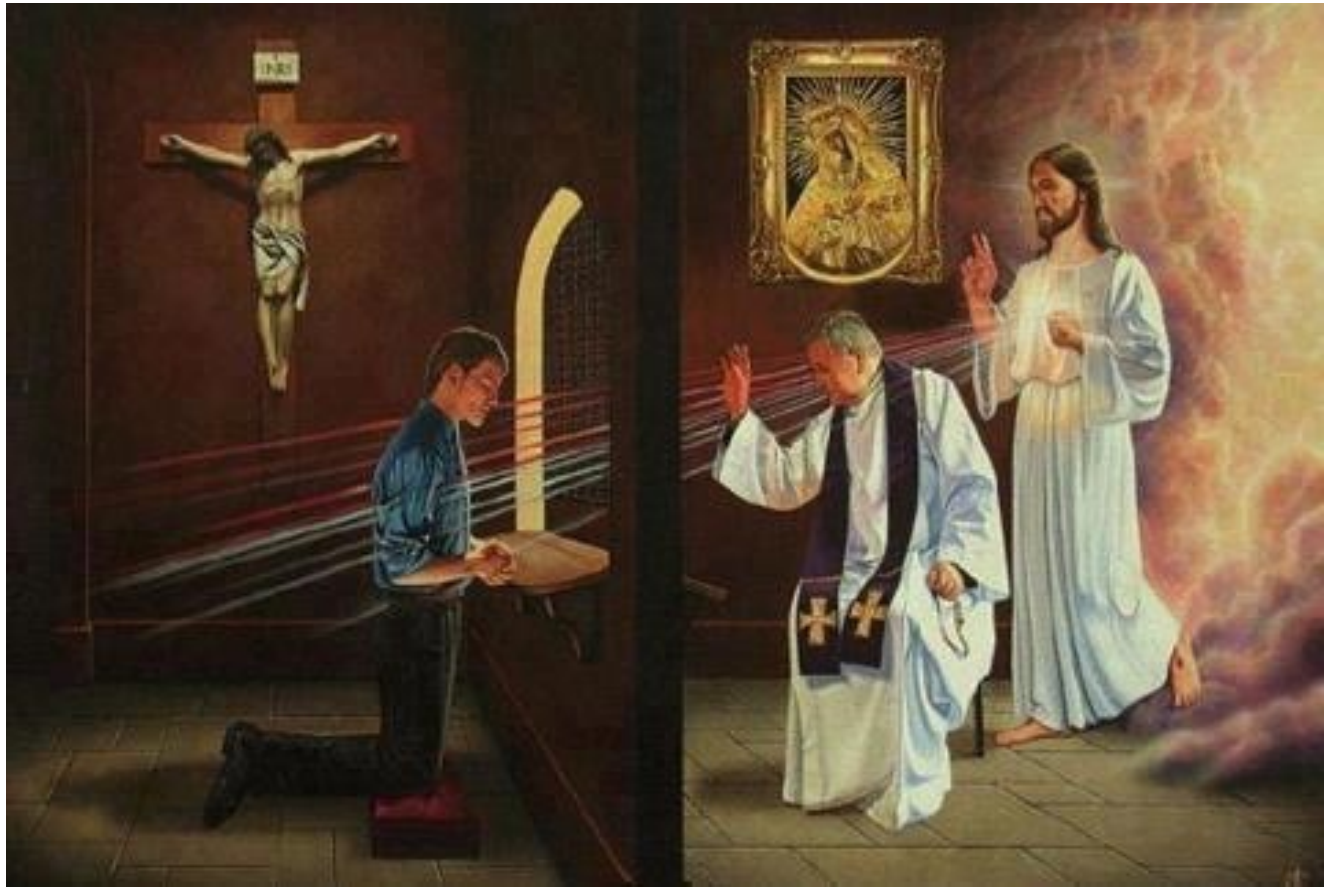
Making a Good Confession Part 2
Haciendo una Buena Confesión Parte 2

THE RITE OF CONFESSION & EXAMINATION OF CONSCIENCE

EL RITO DE LA CONFESIÓN Y EL EXAMEN DE CONCIENCIA



A Guide To Confession
Una Guía Para La Confesión

1. You always have the option to go to confession anonymously, that is, behind a screen or face to face, if you so desire.

1. Siempre tienes la opción de acudir a la confesión de forma anónima, es decir, detrás de una pantalla o cara a cara, si así lo deseas.

2. After the priest greets you in the name of Christ, he will lead you in making the sign of the cross. He may choose to recite a reading from Scripture, after which you say: "Bless me Father for I have sinned. It has been (state how long) since my last confession. These are my sins."

2. Después de que el sacerdote lo saluda en el nombre de Cristo, lo guiará a hacer la señal de la cruz. Él puede optar por recitar una lectura de las Escrituras, después de lo cual usted dice: "Bendígame Padre porque he pecado. Ha pasado (diga cuánto tiempo) desde mi última confesión. Estos son mis pecados".

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3. Tell your sins simply and honestly to the priest. You might even want to discuss the circumstances and the root causes of your sins and ask the priest for advice or direction.

3. Dígale al sacerdote sus pecados de manera sencilla y honesta. Incluso podría querer hablar sobre las circunstancias y las causas fundamentales de sus pecados y pedirle consejo o dirección al sacerdote.

4. Listen to the advice the priest gives you and accept the penance from him. Then he will ask to say the ***Act of Contrition*** for your sins.

4. Escucha los consejos que te da el sacerdote y acepta su penitencia. Luego te pedirá que digas el ***Acto de Contrición*** por tus pecados.

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5. The priest will the say the prayer (formula) of absolution:

God, the Father of mercies, through the death and the resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son and of the Holy Spirit.

5. El sacerdote dirá la oración (fórmula) de absolución:

Dios, Padre de misericordias, mediante la muerte y la resurrección de su Hijo ha reconciliado al mundo consigo mismo y ha enviado al Espíritu Santo entre nosotros para el perdón de los pecados; por el ministerio de la Iglesia que Dios les conceda perdón y paz, y yo los absuelvo de sus pecados en el nombre del Padre, y del Hijo y del Espíritu Santo.

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6. After confession, most peoplewill immediately do their penance. You should also spend some time with Our Lord thanking and praising Him for the gift of His mercy. (Try to perform your penance as soon as possible.)

6. Después de la confesión, la mayoría de la gente hará inmediatamente su penitencia. También debes pasar algún tiempo con Nuestro Señor agradeciéndole y alabándolo por el regalo de Su misericordia. (Trate de cumplir su penitencia lo antes posible).

Prayer Before Entering Confession
Oración Antes de Confesarse

O most merciful God! Prostrate at your feet, I implore your forgiveness. I sincerely desire to leave all my evil ways and to confess my sins with all sincerity to you and to your priest. I am a sinner, have mercy on me, O Lord. Give me a lively faith and a firm hope in the Passion of my Redeemer. Give me, for your mercy´s sake a sorrow for having offended so good a God. Mary, my mother, refuge of sinners, pray for me that I may make a good confession. Amen.

¡Oh Dios misericordioso! Postrado a tus pies, imploro tu perdón. Deseo sinceramente dejar todos mis malos caminos y confesar mis pecados con toda sinceridad a ti y a tu sacerdote. Soy un pecador, ten piedad de mí, Señor. Dame una fe viva y una firme esperanza en la Pasión de mi Redentor. Dame, por tu misericordia, un dolor por haber ofendido a un Dios tan bueno. María, mi madre, refugio de los pecadores, ruega por mí para que pueda hacer una buena confesión. Amén.

Act of Contrition
Un Acto de Contrición

AN ACT OF CONTRITION

Oh my God,
I am sorry for my sins with all my heart.
In choosing to do wrong
And failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In His name, my God, have mercy. Amen.

UN ACTO DE CONTRICIÓN

Ay Dios mío,
Lamento mis pecados con todo mi corazón.
Al elegir hacer el mal
Y fallando en hacer el bien
He pecado contra ti
a quien amaría sobre todas las cosas.
Tengo la firme intención, con tu ayuda,
hacer penitencia,
no pecar más,
y evitar todo lo que me lleve a pecar.
Nuestro Salvador Jesucristo
sufrió y murió por nosotros.
En su nombre, Dios mío, ten piedad. Amén.

Journal Activity: Prayer, A Spiritual Battle
La Oración, una Batalla Espiritual

Prayer requires time, attention, and effort.

La oración requiere tiempo, atención y esfuerzo.

Prayer is both a gift of grace and a determined response on our part. It requires effort.

La oración es tanto un don de gracia como una respuesta decidida de nuestra parte. Requiere esfuerzo.

Spiritual Combat

Batalla Espiritual

Prayer is a battle. Against whom? Against ourselves and against the wiles of the tempter who does all he can to turn man away from prayer, away from union with God.

La oración es una batalla. ¿Contra quién? Contra nosotros mismos y contra las artimañas del tentador que hace todo lo posible por apartar al hombre de la oración, de la unión con Dios.

We pray as we live, because we live as we pray. If we do not want to act habitually according to the Spirit of Christ, neither can we pray habitually in his name. (CCC 2725-2745)

Oramos como vivimos, porque vivimos como oramos. Si no queremos actuar habitualmente según el Espíritu de Cristo, tampoco podemos orar habitualmente en su nombre. (CCC 2725-2745)

Journal Activity #2
Actividad de Diario #2

Listen to the audio recording below and capture any notes on the talk about Five Types of Prayer. Escuche la grabación de audio a continuación y capture las notas sobre la charla sobre los cinco tipos de oración.

1. Luego escuche la grabación de audio a continuación y capture las notas sobre la charla sobre los cinco tipos de oración.

Listen to https://www.wordonfireshow.com/episode31/

2. Then read and reflect on the scripture below and record your thoughts about what stood out to you when you read the scripture below. Luego lea y reflexione sobre el pasaje de las Escrituras a continuación y registre sus pensamientos sobre lo que le llamó la atención cuando leyó el pasaje de las Escrituras a continuación.

Read 1 Thesalonians 5:1-22

Leer 1 Tesalonicenses 5: 1-22 https://bible.usccb.org/bible/1thessalonians/5

Confirmation Reminders: 04/21/21

Confirmation is on June 1, 2021, @ 7 p.m.

You must have a 2nd Interview as we use that interview to help us determine readiness for the sacrament.

You should have already selected a saint name. Please send that name to us at the holyfamilyhesperiarcia1ac@gmail.com right away as we have to prepare information cards in advance of the celebration.

Have you turned in your certificates? Birth certificate, baptism and first communion certificates.

Confirmation Reminders: 04/21/21

Have you selected a sponsor?

They must be at least 18 years old (in the San Bernardino Diocese), be in full communion with the Church, attend mass every week and receive communion. They cannot be your spouse or fiancé and cannot be your parents.

The sponsor certificates were due in March: baptism, first communion, confirmation. If they are married, they must be married in the Catholic Church and provide their marriage certificate. You must also provide the sponsor letter signed by the pastor at their parish, which should have the Church seal on the letter.

Confirmation Reminders: 04/21/21

Convalidations?

If you are married civilly, you must have started the process to have your marriage convalidated. This a blessing of your marriage from the church. If you have already made your appointment through the front office (Mayra), and have had an appointment with Father, you have started the process.

Confirmation Reminders: 04/21/21

***If a Candidate needs to receive the Sacraments of First Communion and Reconciliation, the coordinator needs to ensure the reception of these Sacraments is celebrated at his/her parish before the scheduled day of the Vicariate celebration of Adult Confirmation.**

Reserved Seating - Seating is reserved based on the response of the Seating Survey previously submitted. **Seating will be assigned for the Confirmation candidates, their sponsors (only 1 sponsor per candidate). AT this time, they have not approved any guests. The mass will be shared online via livestream, facebook and Youtube.**

Confirmation Reminders: 04/21/21

Practice the anointing with the candidates ahead of time and ask them to be ready to step close to the bishop during the anointing.

Bishop: **Be sealed with the gift of the Holy Spirit.**

Candidate: **Amen.**

Bishop: **Peace be with you.**

Candidate: **And with your spirit.**

Confirmation Reminders: 04/21/21

Instruct sponsors to always maintain six feet separation. The sponsor will **not** be permitted to place their right hand on the right shoulder of the candidate.